

INDEX

INTRODUCTION

WHAT IS PALEO?

WHY AREN'T THESE FOODS PALEO?

TOP 10 PALEO QUESTIONS

READ MORE ABOUT PALEO

GET STARTED ON PALEO

GET MORE FROM YOUR PALEO PROGRAM

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We're glad you're here!

The Paleo Diet is gaining popularity each year not only for its benefits for weight loss and reducing inflammation, but for improving digestion, energy levels, hormone balance, and even helping people who have Type 2 Diabetes and heart disease! Whatever the reason that you're considering Paleo, you're in the right place.

What Is PaleoPlan?

PaleoPlan is a Paleo meal planning company who provides weekly meal plans that take the guesswork out of your Paleo diet. Each week our expert dietitian crafts meal plans that are balanced nutritionally and also designed to satisfy your taste buds! Paleo food is far from boring.

The meal plans also created with the busy person in mind as they utilize leftovers, prep tips, and the occasional flex meal.

Our food plan is designed to be an integral part of a lifestyle that turns your body into the highly efficient, optimally functioning, fat-burning machine it is meant to be. This is what nature has always intended for you. With a modern mimicking of the diets of our hunter-gatherer ancestors, we can reprogram our genes for optimal expression, a.k.a. health!

By eating a diet of nutrient dense real foods comprised of healthy fats, adequate high quality protein, and just enough carbohydrates from well-tolerated plant sources to support our individual needs, we can harness the ancient power of our genes to our modern advantage. And that's exactly what our Paleo meal plan is designed to do!



The Experts Behind PaleoPlan

The PaleoPlan team is comprised of four experts who bring a well-rounded and broad knowledge base to the meal plan and to every product, blog post, and resource that we produce. Get to know the team who will be guiding you!



Sally Barden Johnson, RD, LDN

Resident Dietitian, Meal Plan Writer, and Blogger

Sally is a Registered and Licensed Dietitian with a Master of Arts Degree in Applied Physiology. After receiving her Bachelor degree in American Studies from Rutgers University, she went back to school and turned her intense interest in food into a career. After she completed her course requirements at Hunter College of the City in New York, and an internship at Harlem Hospital, she passed the RD exam. She then topped off her education at Teacher's College of Columbia University.

Sally enjoys CrossFit and teaching Paleo cooking classes in San Antonio, Texas when she's not spending time with her husband, a military orthopaedic surgeon, and two teenage children.



Kinsey Jackson, CNS

Resident Nutritionist, Blogger, 30 Day Challenge Coach, and the Voice of the Weekly Newsletter

Kinsey is a Certified Nutrition Specialist® practitioner who specializes in integrative and functional nutrition. She graduated summa cum laude honors with a Master of Science in Human Nutrition from the University of Bridgeport after earning her Bachelor of Science in Biopsychology with cum laude honors from Western Washington University. She has been a licensed massage therapist for 15 years.

Kinsey experienced a dramatic change in health after turning from a vegan diet to the Paleo diet when she ended up crippled and bald from multiple autoimmune disorders. After a couple months of eating a nourishing Paleo diet, Kinsey experienced remission of her diseases and a life-changing transformation.

When Kinsey isn't seeing nutrition clients, she enjoys researching, reading, Pilates, meditation, and cooking for her husband and wiener dog, Pele, who also eats a Paleo diet. Kinsey lives in Washington state.



Aimee McNew, MNT

Resident Nutritionist, Editor-in-Chief, D21 Coach, and Blogger

Aimee is a Certified Nutritionist who holds a Masters in Nutrition Therapy from Nutrition Therapy Institute and is currently a candidate for board certification in holistic nutrition. She is the author of The Everything Guide to Hashimoto's Thyroiditis: A Healing Plan for Managing Symptoms Naturally, which was a finalist in the 2017 Paleo Magazine Best Of Awards.

Aimee experienced a major life transformation after turning to Paleo, and saw numerous autoimmune disorders go into remission.

When she's not writing, editing, or consulting with nutrition clients, Aimee is taking classes to further her education as she works toward an eventual doctorate in women's health studies. She's the happy mom of a toddler after battling years of autoimmune-related infertility, and she lives with her husband and son in the Midwest.



Max Shippee

CrossFit Trainer and PaleoFit Creator

Max is the owner of CrossFit 1440 in L.A., which is Level 1, Kids, and Mobility Certified and the creator of our PaleoFit program, which brings CrossFit quality workouts to your inbox each week.

Max has been active his entire life, experimenting with everything from bodybuilding to endurance training. When he's not training, he enjoys Legos and lasers. Max lives with his wife and three children in L.A. in what he likes to call "a multi-year sleep deprivation experiment known as 'parenthood."





CONTENT

#01 - Introduction

#02 - A Brief History of Paleo

#03 - What Paleo Looks Like in the Modern Day

#04 - Is Paleo For You?

#05 - Which Version of Paleo is Best for You?

#06 - Why Paleo Doesn't Always Have to Be All or Nothing

#07 - Do You Have to Eat Paleo Forever?

#08 - How to Transition a Family to a Paleo Diet

#09 - Quick View: What Foods Are Paleo?



INTRODUCTION

Unfortunately for modern America, the typical diet that our culture embraces is destructive and far from health-sustaining. The Standard American Diet - or SAD, as it is referred to - leaves eaters sad for multiple reasons, not the least of which includes a higher proclivity to heart disease, cancer, type 2 diabetesdementia, digestive disorders, autoimmune disease, thyroid problems, and obesity.

Eating a Paleo diet isn't embracing a fad food plan that will leave you feeling worse than before you started. No, a Paleo diet is all about investing in your health and your future. Paleo prioritizes foods that nourish the body and avoids foods that cause digestive and inflammatory problems.

Critics of Paleo love to hate it. They like to claim that it's a fad diet, that it's no different from the Atkins diet or other low-carb fads. In reality, however, there are no "tricks" with Paleo. It's about simple nutrition that equips your body to do its job effectively.

Paleo, for example, doesn't even have to be low-carb at all. While some might thrive on restricted carbohydrates, others need more carbs to have energy and proper hormone production (which is going to include a majority of women).

Few other diets can claim such individualized potential as Paleo can. There are several versions of the Paleo diet that have become popular in their own right, and that means that you can choose the specific incarnation of Paleo that best meets your needs. Your needs may change over time, too. This is an introduction to basic Paleo.

Paleo works as a health-supportive, therapeutic diet because it focuses on the whole body. Regardless of what your health goals are, Paleo can help you reach them because it is anti-inflammatory, nourishing, and enables your digestive system to work efficiently.

Humans are all uniquely different from one another, and no "one size fits all" approach is ever going to be truly perfect. Paleo pairs ancient principles of diet with modern nutrition science, making it a long-lasting, sustainable way of living.

Once you've reached your health, fitness, or weight-loss goal, you can safely continue eating a Paleo diet without actually being on a diet. Instead, you're actually just eating to live to your body's fullest potential.

Paleo improves glucose tolerance, reduces cardiovascular risk factors, improves blood pressure and other health markers, as well as promotes weight loss. It can even reverse autoimmune and chronic conditions.

Paleo strips away the newfangled ideas of what is good for us (artificial sweeteners, processed foods, a grain-based diet, etc.) and simply takes us back to a mindset that food from the earth and from organically raised animals is the best fuel we could ask for.

A BRIEF HISTORY OF PALEO

The Paleolithic era, from which Paleo gets its name, began when cave people hunted and gathered their food, prior to the days of raising animals and growing crops.

Up until humans started farming and raising animals, Paleo problematic foods like grains and beans were not eaten frequently since gathering them and cooking them was time-consuming and inefficient. Archaeological evidence points to most of our ancestors eating a diet rich in meat with plant foods like fruits, vegetables, and herbs filling in the rest of the gaps.

While settling down and having a stable source of food was a vital part of human development, it also allowed for convenience foods that started to create problematic issues for human digestion and health.

While our Paleolithic ancestors didn't have as long of a life expectancy as we do today, they face infectious diseases with no modern medicine to treat them, predators, and harsh elements. Once Paleolithic humans made it past age 15, their average life expectancy was 54, which is only about a decade less than the average life expectancy in the world today.

But today, in contrast, people are mostly dying of modern life convenience diseases like heart disease, cancer, diabetes, and other chronic disorders, and these can be directly linked to the high amounts of sugar, refined foods, and lack of quality animal fats in our diets today.



WHAT PALEO LOOKS LIKE IN THE MODERN DAY

One of the best aspects of the Paleo diet is that it can be customized to your specific health needs or conditions as well as dietary requirements, such as food allergies, religious protocols, or conscientious restrictions. Paleo can adapt to whatever nutrient demands your body needs in each phase of life, and it can ultimately help you succeed.

Here are each of the main variations of a Paleo diet:

Traditional Paleo

The traditional, normal, no-fluff Paleo diet excludes grains, dairy, soy, and refined and processed foods. It also skips fake fats, as well as vegetable oils that are overly processed. Our PaleoPlan meal plan offers a completely done-for-you version of the basic Paleo diet.

80/20 Paleo

This is probably what some would consider "old-school Paleo" since this was the first form of the Paleo diet to gain real popularity in the last few decades. This refers to eating Paleo 80 percent of the time, and non-Paleo foods the other 20 percent of the time. People can look at it as cheat meals, flex meals, or convenience meals. Even if you eat non-Paleo foods, it's encouraged to still eat whole, unprocessed ingredients, and to still skip refined sugars and junk foods, because let's face it, those aren't good for anyone. 80/20 Paleo can work for people who are eating Paleo because they're supporting other family members in it, or who have already achieved their health goals and are looking to loosen the reins a bit.

AIP Paleo

The autoimmune protocol (also known as AIP) is a version of the Paleo diet that gets rid of specific foods associated with inflammatory responses, especially in people with chronic and autoimmune disorders like fibromyalgia, eczema, rheumatoid arthritis, lupus, multiple sclerosis, IBS, and Crohn's disease. Nightshades are avoided (including potatoes, tomatoes, and peppers), along with seeds, nuts, and eggs. People who know they're sensitive to these foods can succeed on the AIP, as well as anyone who is starting out on Paleo and dealing with disease, poor digestion, or inflammation. Some people will perpetually live on the AIP diet, while others will eventually transition to basic Paleo.

Ketogenic Paleo

The ultimate in low-carb, the ketogenic diet gets the body into a state of ketosis where fat is the primary fuel instead of glucose. Ketogenic eating can be completely done within the confines of a Paleo diet, but just because something is keto doesn't automatically make it Paleo. Ketogenic Paleo is primarily utilized by those who have large amounts of weight to lose, diabetics, or body builders. It can also be used to maintain a wellness plan for epilepsy.

Customized Paleo for Food Allergies

A Paleo plan can be fully customized to an individual's specific needs.

Since it already excludes common allergens like peanuts, gluten, corn, soy, artificial sweeteners, preservatives, and dairy, it's a great plan if you have any of these allergies. It can also be customized to remove other common allergens like shellfish, coconut, eggs, tree nuts, and more.

IS PALEO FOR YOU?

If you answer "yes" to two or more of the following questions, know that getting started on Paleo and making it a way of life could have a significant impact on your life. And we've included a handy 7-day meal plan to kick things off for you!

- Are you overweight?
- Do you get fatigued often or easily?
- Do you depend on coffee to get you through your day?
- Do you have pain in your joints?
- Do you get bloated, or have diarrhea or constipation regularly?
- Is your skin inflamed with acne, eczema, psoriasis, etc.?
- Are you feeling older than you actually are?
- Do you have mood swings often, especially when you're hungry?
- Do you have heart disease or any signs of it?
- Do you have diabetes, high blood glucose, or insulin resistance?
- Are you depressed?
- Do you want more muscle tone?
- Are you addicted to sweets and "can't live without them?"
- Do you have an autoimmune disease like celiac, lupus, rheumatoid arthritis,
- Hashimoto's, or type 1 diabetes?
- Do you have heartburn, ulcers, or GERD? Do you have seasonal allergies?
- Do you have thyroid issues?

It may be surprising to know that while most Americans will say yes to several of these questions, you don't have to live this way forever. We've seen a proper diet change people's lives over and over, removing almost all of those symptoms listed above.

WHICH VERSION OF PALEO IS BEST FOR YOU?

If Paleo eating is completely new to you, start by following a basic Paleo diet.

This will give you time to adjust to the new restrictions that, for some, can be quite a culture shock. Quitting dairy and grains can often feel huge, but almost everyone finds it's way easier than they expect it to be.

Instead of getting ultra-restrictive to begin with, just get your toes wet with a basic Paleo diet. (This is precisely why we designed our Paleo meal planning service: so that those who are new to Paleo don't have to get overwhelmed by changes.)

If you follow a basic Paleo diet for a few months and don't notice as many positive improvements as you're hoping for, maybe you need to specialize a little more. You could considering implementing the AIP, or maybe just removing some common allergens from your diet (like eggs or tree nuts).

Because we know that even more specialized diets are difficult, we have made our meal-planning subscription fully customizable. We make Paleo fully work for you . You can remove allergens from your food plan. You can design meals to fit your needs only, or the needs of your entire family. Your shopping lists are still customized so you don't have to meticulously plan trips to the grocery store and end up forgetting ingredients anyway.

WHY PALEO DOESN'T ALWAYS HAVE TO BE ALL OR NOTHING

Everyone has individual reasons for following a Paleo diet, but it's most important to listen to your body.

Here are three reasons why Paleo doesn't have to be "all or nothing," and, in fact, why it shouldn't be:



Sure, it seems like there are a lot (A LOT) of rules when it comes to the Paleo diet - no grains, no dairy, no legumes, NO FUN! I get how overwhelming it can be in the beginning. But when you take a look at the whole, it's not about rule-following, it's about understanding why those foods aren't Paleo. Primarily, it comes down to digestion. Grains, dairy, legumes, hydrogenated oils, etc. are generally speaking hard on the digestive system. It's hard to have an optimally healthy body if your digestive tract isn't getting the nutrients it needs or if it can't absorb the ones it has. This is why it can be a good idea to strictly follow Paleo when you're just starting out, but does it have to be that way? Nope.

2

Why are you going Paleo? Why have you been Paleo? The reasons are so varied that I couldn't possibly list them all here, but some of the more popular ones are that you're Paleo because you're a CrossFitter, or you're Paleo because you want to lose weight or want to address a chronic health condition. But beyond that, some people are Paleo because they have food allergies that essentially limit them to a Paleo diet, or maybe they just want to eat cleanly. Maybe they're athletes and find Paleo is best for performance, or maybe they're Paleo because they're supporting a family member who is Paleo for one of these aforementioned reasons. Whatever the reason, Paleo isn't one size fits all, and as such, your Paleo diet can and should reflect that. If you can tolerate good quality dairy products, then I'll be the first to say you should feel free to eat them! Same goes for white rice, grass-fed butter, and beans. But it's important to be able to honestly determine if you actually can handle them, or if you're just desperate to have them.

3

Eating the right foods for the season you're in is also an important factor to consider. While eating foods that are in season can be very popular among those in the Paleo camp, I'm referring to a different type of season. As we age, we naturally progress through many different seasons of life. The nutritional needs of a teenage athlete are arguably quite different from the dietary needs of a pregnant woman, a man undergoing cancer treatments, or a couple who is fighting to lose 100 pounds together. Seasons of the year naturally come and go, whether we like it or not, and the seasons of our lives progress much the same, albeit less succinctly than winter to spring to summer to fall. It's important to pay attention to the season that your body is in, and how it could best benefit nutritionally during that time.

Paleo does not have to be all or nothing.

In fact, you will go farthest in your Paleo diet if you are committed to one thing: being all in to eating for your health. If you can learn to listen to your body's needs, and to accurately assess the seasons of your life as they ebb and flow, your less than pristine Paleo diet could be far more effective than someone who is a Paleo purist just for the sake of following "the rules."

If you're not perfect at listening to your body and reading digestive and health signs right away, don't worry. It's a journey, like anything else. It can really help to keep a food journal, but if you're really fed up or feel lost, or you have health goals that are more intensive, then get a professional's opinion. Whatever approach you take, with commitment and confidence your Paleo diet can take you much farther than you could ever dream.

DO YOU HAVE TO EAT PALEO FOREVER?

As to whether Paleo is the only way to live, there are many who feel that way. But the good news is that you are not everyone else! The beauty of Paleo is that it's a mentality and a way of life. That allows for an evolutionary process as your body changes and adapts. Instead of approaching the diet as a set of rules, look at it as a way of eliminating triggers and then the journey of customizing your dietary foodscape.

But what does eating (or not eating) Paleo forever look like? Some do well with adding raw dairy back to their diets and become more Primal focused.

Others realize that they need an even stricter plan and cut eggs, nightshades, and nuts and follow the autoimmune Paleo protocol, or the AIP. Still others will do well on an 80/20 approach where they add back gluten-free grains, beans, and other "non-Paleo" foods 20% of the time. The ratios are not set either. Maybe you would do well on a 90/10 or a 50/50 food plan.

Ultimately, Paleo is about healing, resetting, restoring, and living. It's not a prison. So wherever you fall on the Paleo spectrum, I encourage you to first and foremost let your own body do the leading. The more you pay attention to the cues that your digestive system (and the rest of you) are sending, the better you will be in every aspect of life. But all of this begins by first eliminating all non-Paleo foods and giving your body a chance to reset. Here's a meal plan that will help you do just that.



HOW TO TRANSITION A FAMILY TO A PALEO DIET

If you're going Paleo with a family, it can set you up for success if you think through the approach that best meets the needs of your family.

The Speedy Transition

For families where there's parental consensus for drastic dietary change and the children are young and have no idea what's going on, an overnight transition can work. The pantry is purged of conventional foods and it's all Paleo moving forward, no looking back.

The Slower Transition

In this transition, which occurs stepwise over a period of time, spouses and children are reasonably agreeable to nutritional change as long as it's not too sudden and disruptive. This family might decide go gluten-free for a couple of months before taking the plunge to grain free. Perhaps milk is removed but other forms of dairy remain in the diet for a time and legumes are taken off the menu but favorites such as hummus make occasional appearances until phased out. Instead of an all-out purge, conventional pantry items are replaced with Paleo counterparts one at a time as they run out. For example, peanut butter is replaced with SunButter or almond butter. Refined seed oils are replaced with coconut oil, olive oil, and other healthy fats. Low quality protein is replaced with higher quality choices. The family works together to find acceptable replacements for much-loved conventional staples and builds a stockpile of new favorite Paleo recipes.

The Super Slow Transition

If you don't have top-down support, i.e., your spouse is not on board and you have children who are old enough to know what's going on, who are able to feed themselves, and who are not interested in changing their eating habits, do not attempt to transition your family overnight. In this situation, a slow transition may eventually get you to where you want to go however, a super slow transition, aka, a take it so slowly nobody realizes what's happening transition may be your best bet.

In this scenario, conventional foods continue to play a major role in the family's diet and Paleo meals and snacks are slowly, or if necessary, clandestinely introduced into the meal rotation.

Nobody needs to know that your delicious grass-fed steak and sautéed veggie dinner is Paleo. They just need to think dinner tastes great and makes them feel good so they'll look forward to more dinners just like it! In this transition, there's no timetable for your Paleo destination, just a journey towards healthier eating and living. Progress may be painfully slow but even one successful Paleo meal a week is better than none!

QUICK VIEW: WHAT FOODS ARE PALEO?

The Paleo diet is quite simple. It involves eating meats, vegetables, and healthy fats. as well as a moderate amount of fruit, nuts, and seeds.

Foods allowed on the Paleo diet:

- Meats (any kind, ideally pasture-raised or grass-fed)
- Seafood (any kind, ideally wild caught)
- Vegetables (any kind, ideally organic and local; keep in mind that corn is not a vegetable)
- Eggs (any kind, ideally pasture-raised)
- Fruit (in moderation, ideally organic, berries are best)
- Nuts and seeds (all kinds, in moderation, ideally organic)
- Paleo-friendly oils and fats mainly saturated and monounsaturated fats (avocado oil, coconut oil, palm oil, extra virgin olive oil, lard, tallow, ghee)
- Paleo-friendly sweeteners (raw honey, maple syrup, coconut sugar, coconut nectar, pure stevia, dates, date sugar)

Foods NOT allowed on the Paleo diet:

- Grains (including gluten and non-gluten containing grains)
- Legumes (all beans, soy, peanuts, etc.)
- Dairy (milk, creamers, cheeses, yogurts, etc.)
- Most vegetable oils (canola oil, vegetable oil, etc.)
- Refined and artificial sweeteners
- Processed and refined foods (If you can't pronounce or recognize an ingredient, it's probably not Paleo)





CONTENT

#01 - Grains

#02 - Legumes

#03 - Dairy

#04 - Vegetable Seed (oils)

#05 - Refined sugar and artificial sweeteners

#06 - Processed and refined foods



GRAINS:

Despite conventional wisdom, our bodies are NOT designed or well-equipped to eat grains, especially the highly coveted whole grains. Grains and pseudo-grains contain harmful substances like gluten and anti-nutrients that mess with our digestive systems, causing severe inflammatory responses.

Examples of grains NOT allowed on the Paleo diet: corn, rice, wheat, quinoa, oats, barley, spelt, millet, buckwheat, amaranth, beer, flour, etc.

LEGUMES:

Similar to grains, legumes (beans) contain problematic anti-nutrients such as phytic acid that bind up the precious minerals contained in foods, making them unavailable for digestion and absorption into our bodies.ingredients anyway.

Examples of legumes NOT allowed on the Paleo diet: peanuts, all beans (black beans, pinto beans, lentils, garbanzo beans, hummus, etc.), all soy products (tofu, tempeh, soy milk, soy lecithin, etc.), etc.

DAIRY:

Human beings didn't eat dairy products before animals became domesticated. Dairy products are not bad in themselves, but then again, not all dairy is created equal. Most commercial dairy is unhealthy because it comes from cows that were raised in unhealthy conditions, confined to small spaces that stress them, and fed foods full of antibiotics and hormones. Moreover, most dairy products you find in the supermarket are highly processed, which destroys the product's proteins and kills any good enzymes and bacteria. To make matters worse, products like yogurt are also usually packed with sugar.

Considering that 65% of all humans are thought to be lactose intolerant, it makes sense to ditch the dairy from your diet. This gives your body a chance to reset, so you can get a clear read on whether or not your should be eating dairy.

Examples of dairy products NOT allowed on the Paleo diet: *milk, yogurt, kefir, cheese, cream, ice cream, cottage cheese, buttermilk, powdered milk, etc.*

* The EXCEPTION to the no dairy rule is **ghee**. Feel free to use ghee liberally in your Paleo diet! Most people tolerate this dairy products well, because it's a pure fat source that's had the protein and carbohydrate (the mainly allergic components) removed. Many people who do not tolerate butter well are able to tolerate ghee.

Having said that...if you suspect that you might be sensitive to dairy, you may want to completely remove even ghee from your diet for 4 - 6 weeks, and then "challenge" it back into your diet later, to look for hidden food intolerance.

VEGETABLE (SEED) OILS:

Liquid (polyunsaturated) vegetable and seed oils are much more prone to becoming rancid (and morphing into disease-causing free radicals) compared to solid saturated fats like lard, tallow, and coconut oil, which are much more stable at room temperature. Most liquid vegetable oils are also much higher in the inflammatory omega-6 fatty acids, compared to grass-fed/pastured animal fats and other Paleo-approved oils, which are less inflammatory because they have a more balanced omega-6 to omega-3 ratio.

Examples of oils NOT allowed on the Paleo diet: canola, safflower, sunflower, peanut, cottonseed, grapeseed, soybean, margarine, etc.

REFINED SUGAR AND ARTIFICIAL SWEETENERS:

There's a lot of reasons to avoid refined sugar and artificial sweeteners like the plague. Let's face it: refined sugars are a recipe for diabetes. And artificial sweeteners are no better. These sugars are altered with chemicals like chlorine and phosgene gas, which function as an excitotoxin in your body, causing cell destruction. Moreover, your evolutionarily intelligent body deems that these man-made chemicals are foreign, and not knowing what to do with them, stores them away in adipose (fat) tissue where they accumulate and can contribute to chronic diseases and obesity. To cut to the chase: not all sugar is created equal. The sweeteners allowed on the Paleo diet are less-refined and are more in their 'natural form' compared to heavily processed and refined sweeteners.

Examples of sweeteners NOT allowed on the Paleo diet: cane sugar, white sugar, brown sugar, agave, refined honey, sucralose, artificial (zero-calorie) sweeteners like Sweet n' Low, Nutrasweet, Aspartame, Equal, Splenda, etc.

PROCESSED AND REFINED FOODS:

There's a lot of grey area here, but in general, if you don't recognize or can't pronounce an ingredient on the label of a food - it's probably not Paleo.

Bottom line: Paleo is about EATING REAL FOOD! Our bodies are engineered to utilize the nutrients found in whole foods, in their natural form. The same cannot be said for the man-made chemicals that are now abundantly found in our food supply. Our bodies do not know what to do with these foreign chemicals and altered foods, and stated simply, they make our immune systems go haywire, and can trigger countless disease states.



TOP 10 PALEO QUESTIONS

Starting the Paleo diet can feel extremely exciting, but it can also get pretty overwhelming if you're new to this mindset. Here are the most frequently asked questions we get as a Paleo nutrition company, and answers to help you get on your way!



Q: "Are gluten-free grains Paleo?"

A: No grains of any kind are Paleo. Grains contain lectins and other properties that make them difficult to digest, so if you're looking to follow a Paleo diet, you'll swap vegetables, fruits, nuts, and seeds for your grain intake.



Q: "Is goat milk Paleo?"

A. Any milk that comes from an animal is not technically Paleo, but would be considered Primal. Some Paleo eaters who follow the 80/20 rule do drink goat or sheep milk products because they can be easier to digest than cow milk products are. Whether or not you eat goat milk, or milk of any kind, should be based on your individual tolerance for it.



Q: "How fast will I lose weight on Paleo?"

A: The answer is different for everyone! The amount of weight you have to lose, pre-existing health conditions, level of activity, and how hydrated you are will all have a huge say in your body's ability to shed pounds. Your stress levels and number of hours of sleep you get each night will also greatly impact your weight.



Q. "Is coffee Paleo?"

A: You better believe it! That being said, some people don't digest coffee well, so it's always good idea to temporarily quit and then reintroduce it, keeping an eye for any signs of sensitivity. Additionally, caffeine may impact people in a negative way even if coffee wouldn't, so it's a good idea to be mindful of your caffeine intake.



Q: "Is Paleo bad for cholesterol?"

A: Nope! And even the government recently reneged their decades-old crusade against cholesterol in dietary sources.



Q: "Can I be Paleo if I'm a vegetarian?"

A: Yes! While this does limit your sources of protein, there are a few options like hemp protein powder, nut butters and seed butters, and pea protein. Additionally, if some animal products are consumed, there are ample possibilities with eggs and seafood.



Q: "Can I be Paleo if I can't afford to buy grassfed meat?"

A: Yes, for sure! While food quality is important, you will still see marked improvements if you're eating Paleo with conventional meats. Avoiding processed foods is what is vital here, so even if your meat is grain-fed, it is better than eating highly processed or fried meats.



Q: "Can I be Paleo if I can't afford organic produce?"

A: Again, yes. While organic produce will introduce less chemicals to your body, you will still gain way more from eating non-organic vegetables in copious amounts than if you eat few or none at all. Washing and soaking produce in a vinegar and lemon juice rinse can help to remove surface pesticides, too.



Q: "Is butter Paleo?"

A: Not technically, but many people who follow a Paleo diet do eat grassfed butter. This comes down to individual ability to digest. Here at Paleo Plan we do not use butter in our recipes, but opt for ghee, lard, coconut oil, avocado oil, and other Paleo fat sources. We did write an entire blog post about butter, so you can read more about that here.



Q. "Are artificial sweeteners Paleo?"

A: Even though they are calorie-free, these sweeteners are about as opposite of Paleo as you can get. They're inflammatory foods that have no business being in anyone's body. If you only totally eliminate one thing, this should be it.



READ MORE ABOUT PALEO

Is Paleo safe for children?
Is Paleo safe for babies?
Is Paleo safe for teens?
Is Paleo safe for pregnancy?

What can I drink on a Paleo diet?

Is coffee Paleo?

Is chocolate Paleo?

Can I eat Paleo if I'm a picky eater?

Can I have desserts on a Paleo diet?

Is Paleo good for weight loss?

Is Paleo safe for high blood pressure?

Is Paleo safe for Alzheimer's?

Is Paleo safe for heart health?

Is Paleo safe for osteoporosis?

Is Paleo safe for thyroid problems?

Is it safe to eat saturated fat?



CONTENT

Worried that a Paleo diet won't taste good?
These recipes have been specially selected to nourish you and to show that healthy food can taste absolutely amazing.

DAY 01	DAY 02	DAY 03	DAY 04
DAY 05	DAY 06	DAY 07	

RECIPE MEASUREMENTS KEY

Tbsp(s) = Tablespoor tsp(s) = teaspoon



DAY 01



BREAKFAST

Almond Flour Pancakes



LUNCH

Asian Ground Beef & Veggie Lettuce Wraps



DINNER

Chicken, Yam, & Chard Soup

SNACK

Apple Cinnamon Muffins

ALMOND FLOUR Pancakes

Prep Time: 0 minutes Cook Time: 30 minutes 🙌 Yield: 2 servings





Ingredients:

- 1 cup(s) almond flour
- ½ cup(s) applesauce, unsweetened
- 1 Tbsp(s) coconut flour
- 2 large egg(s)
- 1/4 cup(s) water, (consider soda water for slightly fluffier pancakes)
- 1/4 tsp(s) nutmeg, fresh
- ¼ tsp(s) sea salt
- 1 Tbsp(s) coconut oil, divided
- ½ cup(s) berries, fresh

- 1. Combine almond flour, applesauce, coconut flour, eggs, water, nutmeg and sea salt in a bowl, and mix together completely with a fork. The batter will appear a little thicker than normal mix.
- 2. Heat a non-stick frying pan over medium-low heat with coconut oil.
- 3. Drop 1/4 cup of batter onto the pan once it is fully heated. Spread out batter slightly if desired.
- 4. Flip like a normal pancake when the bubbles start showing up on the top, and cook for another minute or two.
- 5. Add more oil to the pan and repeat with remaining batter.
- 6. Top with fresh berries.



ASIAN GROUND BEEF

Veggie Lettuce (V)raps





Cook Time: 25 minutes Yield: 2 Servings



Ingredients:

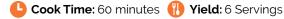
- 1 pound(s) beef, ground
- 1 small onion(s), chopped
- 2 medium garlic clove(s), minced
- 1 Tbsp(s) ginger, fresh, chopped
- 4 medium mushroom(s), white button. sliced
- ¼ head(s) cabbage(s), green, shredded
- 1 Tbsp(s) apple cider vinegar
- 1 Tbsp(s) coconut aminos
- 1 Tbsp(s) fish sauce, (use Red Boat Fish Sauce if you can find some)
- 1 head(s) lettuce, Iceburg or Bibb, large leaves in tact
- ¼ head(s) cabbage(s), green, shredded for garnish
- 1 medium carrot(s), shredded for garnish
- 2 medium onion(s), green, chopped for garnish

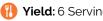
- 1. Heat a skillet over medium heat and add the ground beef and onions. Cook until the beef is no longer pink in the center (about 7 minutes) and add the garlic and ginger. Stir well for about a minute.
- 2. Add the mushrooms and cabbage and cook until vegetables are soft. Stir in the vinegar, coconut aminos, and fish sauce and continue stirring until heated through.
- 3. To serve, spoon the ground beef mixture into the lettuce leaves, being careful not to overfill. Top with additional cabbage, carrots, and green onions if desired.



CHICKEN, YAM, Chard Soup

Prep Time: 0 minutes





Ingredients:

- 2 Tbsp(s) coconut oil, or olive oil
- 1 medium onion(s), yellow, diced
- 2 medium garlic clove(s), minced
- 1 medium carrot(s), chopped
- 1 tsp(s) thyme, dried
- ½ tsp(s) oregano, dried
- 1 tsp(s) sea salt, divided
- ½ tsp(s) black pepper, freshly ground, divided
- 2 pound(s) chicken thighs, boneless, skinless
- 4 cup(s) broth, (chicken, vegetable, beef, or bone broth are all fine)
- 6 cup(s) water
- 1 whole bay leaf(s)
- ½ can(s) jalapenos (4 oz), diced
- 1 large yam(s), diced
- 1 bunch(es) chard, chopped (or kale or any green you love)
- 7 medium onion(s), green, sliced (whites and greens)
- 1 medium lemon(s), juiced



- 1. Heat large pot over medium-high heat. When hot, add oil, onion, garlic, carrot, thyme, and oregano, and sauté until onion is softened and slightly translucent (about 10 minutes), stirring occasionally.
- 2. Meanwhile, mix 1/4 tsp(s) sea salt and 1/4 tsp(s) black pepper in a medium bowl. Cut chicken thighs into 1" cubes and toss in sea salt and black pepper mixture.
- 3. Add chicken to pot and continue to cook for another 10 minutes, stirring occasionally.
- 4. Reduce heat to medium, add broth, water, bay leaf, jalapenos, yam, chard, and green onions and simmer for 20 minutes.
- 5. Just before serving, season with remaining sea salt, black pepper, and fresh lemon juice.

APPLE CINNAMON

Prep Time: 0 minutes Cook Time: 40 minutes 🙌 Yield: 4 servings





Ingredients:

- 2 small apple(s), cored and diced
- 1 Tbsp(s) lemon juice
- 5 large egg(s)
- ½ cup(s) coconut flour
- 2 Tbsp(s) cinnamon
- ½ tsp(s) nutmeg, ground
- 1 tsp(s) baking soda
- 4 Tbsp(s) coconut oil, melted
- ¼ tsp(s) sea salt
- 1 package(s) paper muffin liners

- 1. Preheat oven to 400°F. Spray a muffin tin with cooking spray or line with paper liners.
- 2. Put the apples in a saucepan with the lemon juice and cover. Add enough water to cover half. Bring to a boil, reduce heat and simmer for 10 minutes, until apples are broken down. Transfer to a blender and puree until smooth. Leave in the blender and let cool for 5 minutes.
- 3. When the apples are warm, add the remaining ingredients to the blender and puree on low until you have a thick batter.
- 4. Pour the batter into your prepared muffin tin, filling each tin about 34 full.
- 5. Bake for 15-18 minutes, until muffins are well browned and tops are firm. Cool before removing from pan.



DAY 02



BREAKFAST

Bacon & Spinach Frittata



LUNCH

Chicken Fajita Salad



DINNER

Three Pepper Pork Stew

DESSERT

Sweet Potato Brownies with Icing

BACON & SPINACH Frittata

Prep Time: 0 minutes Cook Time: 35 minutes 🙌 Yield: 4 servings





Ingredients:

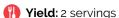
- 12 large egg(s)
- ½ cup(s) coconut milk, full fat
- 6 slice(s) bacon, chopped
- 4 cup(s) spinach, chopped
- 1/8 tsp(s) sea salt, to taste
- 1/8 tsp(s) black pepper, to taste

- 1. Preheat oven to 350°F.
- 2. Whisk the eggs with the coconut milk in a large bowl. Set aside.
- 3. Cook your bacon in a skillet till crisp. Remove bacon from skillet and set aside.
- 4. Add the spinach to the skillet (and bacon fat) and cook until just wilted. Pour the egg mixture into the skillet and season with salt and pepper.
- 5. Bake for 15-20 minutes, until eggs are set.
- 6. Top with cooked bacon before serving.



CHICKEN FAJITA Salad





Ingredients:

- 1 Tbsp(s) coconut oil
- ½ medium onion(s), yellow, diced
- ¾ pound(s) chicken breasts, boneless, skinless
- ½ tsp(s) cumin
- 2 tsp(s) oregano, dried
- ¼ tsp(s) sea salt, (optional)
- 1 large bell pepper(s), chopped
- 1 head(s) lettuce, red leaf or romaine
- 2 medium tomato(es), diced
- 1 medium avocado(s)

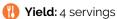
- 1. Wash and chop onion, bell pepper and tomatoes.
- 2. Cut chicken into 1/2 inch slices.
- 3. Heat skillet over medium-high heat. When hot, add coconut oil and onions. Sauté until onions are soft and slightly translucent.
- 4. Add chicken, cumin, oregano and sea salt to the onions and continue to cook, stirring often.
- 5. When the chicken has browned, add the peppers and cook until tender.
- 6. Meanwhile, wash and shred the lettuce. Divide between two plates.
- 7. Top lettuce with chicken fajita mix, tomatoes and sliced avocado.



THREE PEPPER PORK Stew

Prep Time: 0 minutes





Ingredients:

- 2 Tbsp(s) olive oil
- 2 pound(s) pork shoulder roast, cut into chunks
- 1 medium bell pepper(s), red, seeded and diced
- 1 medium bell pepper(s), yellow, seeded and diced
- 2 medium jalapeno pepper(s), seeded and diced1 medium onion(s), diced
- 1 tsp(s) chili powder
- ½ tsp(s) cumin seed, whole
- 3 medium garlic clove(s), minced
- 4 cup(s) chicken broth
- 3 Tbsp(s) tomato paste
- 1 medium lime(s), juiced
- ½ cup(s) basil, fresh, chopped
- 1/8 tsp(s) sea salt, to taste
- ½ tsp(s) black pepper, freshly ground, to taste

- **1.** Heat the olive oil over medium high heat. Add the pork and cook until browned on all sides. Remove from pan with a slotted spoon and set aside.
- 2. Add the peppers and onions and cook until soft. Stir in the chili powder, cumin, and garlic, and cook for 1 minute. Add the pork back to the pan.
- **3.** Add the chicken broth and tomato paste. Bring to a boil, and then reduce to a simmer. Simmer until the pork is tender, about 2 hours.
- 4. Shred the pork with two forks and stir in the lime juice. Season the stew to taste and serve hot.



SWEET POTATO BROWNIES with Jeing

Prep Time: 20 minutes Cook Time: 40 minutes 🎧 Yield: 12 servings





Ingredients:

Brownie:

- 1 large sweet potato(es), peeled and grated or baked and peeled
- 2 large egg(s)1 Tbsp(s) vanilla
- ½ cup(s) honey, raw
- ½ cup(s) coconut oil, melted
- 1 Tbsp(s) baking powder
- ½ Tbsp(s) baking soda
- 1 cup(s) cocoa powder, unsweetened
- 2 Tbsp(s) coconut flour

Icing:

- 1 cup(s) chocolate chips, dark
- ⅓ cup(s) coconut oil
- 1 Tbsp(s) vanilla

Recipe author **PALEOPLAN** paleoplan.com

- 1. Preheat oven to 365°F.
- 2. Combine the sweet potato, eggs, vanilla, honey, and oil in a large bowl. In a smaller bowl, combine the baking powder, baking soda, cocoa powder and coconut flour and stir. Stir this into the wet mixture until well. combined.
- 3. Line an 8x8 cake pan with parchment paper. Spread the batter in the pan, and bake for 25-30 minutes. Brownies are done when a toothpick inserted in the center comes out clean. Be careful not to over bake!
- 4. All the brownies to cool before removing from the pan.
- 5. To make the icing, combine the chocolate chips and coconut oil in a pan on the stove. Heat over low heat until melted and stir in the vanilla. Allow to cool completely (you can put it in the fridge for 15 minutes or so to speed up the process), and then whip with a hand mixer until fluffy. Spread over cooled brownies before slicing. Top with fresh berries for a nice touch!

DAY 03



BREAKFAST

Breakfast Smoothie



LUNCH

Chef Salad



DINNER

Paleo Shepherd's Pie

SNACK

Prosciutto Melon Wrap-Ups

BREAKFAST Smoothie

Prep Time: 0 minutes Cook Time: 10 minutes Nyield: 2 servings





Ingredients:

- 2 cup(s) berries, frozen
- 3/3 cup(s) coconut, unsweetened shredded
- 1 cup(s) almond milk, unsweetened, (canned coconut milk if you want more calories/fat)
- 2 large egg(s), (preferably organic and pastured)

- 1. Fill a blender (or magic bullet or whatever) with the frozen berries and quickly pulse with a little hot water to break them up.
- 2. Add shredded coconut, eggs, and almond milk.
- 3. Continue to blend until smooth, and divide into two glasses.





Prep Time: 0 minutes





Ingredients:

- 4 large egg(s), hard-boiled, halved
- 1 head(s) lettuce, red leaf
- ½ pound(s) chicken breasts, boneless, skinless, or ham, grilled and diced
- 2 slice(s) bacon, cooked and crumbled
- ½ cup(s) tomatoes, cherry or grape, halved
- 4 medium onion(s), green, sliced thin2 medium celery stalk(s), diced
- 1 medium avocado(s), diced
- 4 Tbsp(s) Simple Salad Dressing (recipe), or favorite salad dressing

- 1. Hard-boil eggs, cool and remove shells.
- 2. Meanwhile, cook bacon and crumble, grill chicken and dice (or dice ham).
- 3. Wash and chop vegetables.
- 4. Divide lettuce between two plates, top with vegetables, eggs, avocado and meats.
- 5. Top with Simple Salad Dressing.



SHEPHERD'S

Prep Time: 0 minutes



Cook Time: 60 minutes | Yield: 4 servings



Ingredients:

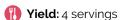
- 3 medium parsnip(s), peeled and grated, about 34 lb for 4 servings
- 1 Tbsp(s) olive oil
- 1 tsp(s) onion salt
- 1 slice(s) bacon
- 1½ medium zucchini, sliced, about ½ lb for 4 servings
- 1/4 pound(s) mushrooms, white button, cremini or shitaake, sliced
- 1 medium celery stalk(s), diced
- 1 tsp(s) coconut oil
- ½ medium onion(s), red, finely diced
- 1 1/4 pound(s) turkey, ground
- 2 medium onion(s), green, sliced
- 1 Tbsp(s) Italian seasoning
- 1 tsp(s) celery sal
- ½ tsp(s) black pepper, freshly ground
- 8 large egg white(s), divided
- ½ cup(s) parsley, fresh, chopped



- 1. Preheat oven to 450°F.
- 2. Peel parsnips and grate with a cheese grater. Mix with onion salt and olive oil, and set aside.
- 3. Cook bacon slice in a large sauté pan over medium heat. Save bacon fat and leave it in the pan. Cool bacon slice, crumble, and set aside
- 4. Add zucchini, mushrooms, and celery to the pan with the bacon fat and sauté until slightly softened.
- 5. Heat a separate pan over medium-high heat, and add coconut oil when hot. Add onions, ground turkey, Italian seasoning, celery salt and black pepper to taste. Sauté until turkey is fully cooked.
- 6. Combine meat and vegetables in one pan and mix thoroughly. Let cool 5 minutes.
- 7. Combine 4 egg whites with parsley and stir into the meat and vegetable mixture.
- 8. Combine the other 4 egg whites with parsnips.
- 9. Coat an 8x8 baking dish with olive oil.
- 10. Add meat and vegetable mixture, cover with parsnip mixture and top with crumbled bacon.
- 11. Bake for about 25 minutes or until the top begins to brown.

Wrap-Ups





Ingredients:

- ½ medium cantaloupe(s), or honeydew melon, seeded
- 1 package(s) ham, prosciutto, sliced (4 oz.)
- 2 Tbsp(s) mint, fresh, chopped
- 1 package(s) toothpicks, (optional)

- 1. Carefully slice cantaloupe into 1 inch wedges. Remove and discard the rinds.
- 2. Wrap each cantaloupe slice with prosciutto. Secure with a toothpick if needed.
- 3. Garnish with fresh mint and serve chilled or at room temperature.



DAY 04



BREAKFAST

Scrambled Eggs with Bacon & Vegetables



LUNCH

Simple Tuna Salad



DINNER

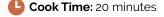
Mini Chicken Casseroles

DESSERT

Grain-Free Chocolate Chip Cookies

SCRAMBLED EGGS & Vegetables







Ingredients:

- 4 slice(s) bacon
- 4 large egg(s)
- 1 medium zucchini, diced
- 1 medium garlic clove(s), minced
- 1 medium tomato(es), diced.
- 1 cup(s) spinach

- 1. Cook bacon, remove from pan and reserve 1 tablespoon of the bacon drippings in the pan. (Alternatively, cook bacon on baking sheet in oven for 20 minutes at 350°F while everything else cooks).
- 2. Meanwhile, wash and chop the vegetables.
- 3. Over medium-high heat, add the zucchini, garlic and tomato to the pan with the remaining bacon drippings. Sauté until just before tender.
- 4. While cooking, beat eggs in a small bowl. Set aside.
- 5. Crumble cooked bacon and set aside.
- 6. When the vegetables are almost done, add the beaten eggs and crumbled bacon to the pan, along with the fresh spinach. Turn heat to medium-low and cook until the eggs are fluffy and firm.
- 7. Season with freshly ground black pepper and sea salt, if desired.



SIMPLE TUNA Salad

Prep Time: 0 minutes





Ingredients:

- 3 can(s) tuna (6 oz), such as Safe-Catch Tuna
- ¾ cup(s) Paleo mayonnaise, or Primal Kitchen Avocado Oil Mayo
- 1/3 medium onion(s), red, diced
- ¾ medium celery stalk(s), diced
- 1/3 cup(s) parsley, fresh, chopped and packed, preferably curly parsley (optional)
- 1 tsp(s) black pepper
- ½ tsp(s) sea salt
- 1 tsp(s) dill, dried

- 1. Place drained tuna into a large bowl. Add the mayo and mash with a fork until there are no large chunks.
- 2. Add the remaining ingredients and mix until combined.
- 3. Serve atop mixed greens, wrapped in lettuce leaves, or eaten alone as a side dish or a snack!



MINI CHICKEN Casseroles

Prep Time: 0 minutes



Cook Time: 45 minutes Nield: 4 servings



Ingredients:

Filling:

- 3 Tbsp(s) olive oil, divided
- 1 pound(s) chicken breasts, boneless, skinless, cubed
- 1 small onion(s), diced
- 2 medium carrot(s), peeled and sliced
- 1 medium celery stalk(s), diced
- 2 medium garlic clove(s), minced
- 2 cup(s) chicken broth
- 2 Tbsp(s) arrowroot powder
- ½ cup(s) peas, frozen
- ¾ cup(s) coconut milk, full fat
- 1 tsp(s) sea salt
- ½ tsp(s) black pepper

Topping:

- ¾ cup(s) almonds, finely chopped
- 1 Tbsp(s) olive oil1 tsp(s) thyme, dried
- ½ tsp(s) sea salt



Instructions:

- 1. Preheat oven to 350°F.
- 2. Heat 2 tablespoons oil in a saucepan over medium heat. Add the chicken and cook until browned and cooked through. Remove and set aside.
- 3. Add the remaining oil and add the onion, carrots, and celery and cook until soft. Whisk the chicken broth and arrowroot starch until combined and add it to the vegetables. Bring to a boil, reduce to a simmer and add the peas and coconut milk. Cook until heated through and thickened, about 10 minutes.

Season with salt and pepper.

- 4. Transfer the chicken mixture to 4 ramekins or a medium casserole dish.
- 5. Combine the topping in a bowl and sprinkle evenly over the chicken mixture. Bake for 10-15 minutes, until top is slightly browned before serving.

GRAIN FREE CHOCOLATE CHIP Cookies

Prep Time: 0 minutes Cook Time: 45 minutes 🌓 Yield: 24 Servings



Ingredients:

- 3 cup(s) almond flour
- ½ cup(s) coconut oil, melted
- ½ cup(s) honey, raw
- 2 large egg(s)
- 1 tsp(s) baking soda1 tsp(s) sea salt
- 1 tsp(s) vanilla
- 1½ cup(s) chocolate chips, semi-sweet

- 1. Preheat oven to 375°F.
- 2. Line a baking sheet with parchment paper.
- 3. In a small mixing bowl, combine dry ingredients. Set aside.
- 4. In a medium mixing bowl, beat the eggs, honey, and vanilla extract with a hand mixer. or wire whisk.
- 5. Pour wet ingredients slowly into dry ingredients and beat with mixer or fork until combined.
- 6. Add the melted coconut oil and continue to blend until combined. Stir in chocolate chips.
- 7. Drop tablespoon size balls of cookie dough onto prepared baking sheet.
- 8. Bake for approximately 8-10 minutes.



DAY 05



BREAKFAST

Sweet Potato Breakfast



LUNCH

Easy Creamy Chicken Salad



DINNER

Shrimp & Zucchini Pasta

SNACK

Mini Parsnip Cakes with Creamy Buffalo Dip

SWEET POTATO Breakfast Casserole

Prep Time: 0 minutes



Cook Time: 40 minutes Yield: 4 servings



Ingredients:

Casserole:

- 2 medium sweet potato(es), peeled and cubed2 cup(s) almond milk, unsweetened
- 1 cup(s) coconut flakes
- 2 medium banana(s)
- 2 Tbsp(s) maple syrup
- 1 Tbsp(s) vanilla
- 1 tsp(s) cinnamon
- 1/4 tsp(s) sea salt

Topping:

- ½ cup(s) pecans, chopped
- 3 Tbsp(s) coconut oil, melted
- 1 Tbsp(s) maple syrup
- 2 Tbsp(s) almond flour



- 1. Preheat oven to 375°F.
- 2. Bring a pot of water to a boil and add the sweet potatoes. Simmer for 5-6 minutes, until tender.
- 3. Drain the sweet potatoes and set aside. Return the pot to the stove and add the milk and coconut.
- 4. Bring to a boil, turn the heat down to low and simmer for 5 minutes. Turn off heat, and add the sweet potatoes and bananas to the pot. Mash lightly, and stir in maple syrup, vanilla, cinnamon, and salt.
- 5. Transfer mixture to a square baking pan or casserole dish.
- 6. To make the topping, mix the ingredients in a bowl until well combined. Sprinkle over the top of the casserole.
- 7. Bake for 25-30 minutes, until top is browned. Allow to cool slightly and serve warm.

EASY CREAMY CHICKEN Salad

Prep Time: 20 minutes Cook Time: 20 minutes Vield: 3 servings





Ingredients:

- 1 lb pre-cooked chicken, shredded
- 1 cup seedless grapes, sliced in half
- 2 celery ribs, diced
- ½ tsp(s) paprika
- ½ cup Paleo mayo
- 1 Tbsp(s) horseradish
- 2 Tbsp(s)chives
- Pepper, to taste

- 1. In a small bowl, combine Paleo mayo, paprika and horseradish. Set aside.
- 2. In a large bowl, combine the chicken, grapes and celery. Sprinkle with pepper to taste.
- 3. Pour the mayo sauce over the chicken and toss to combine.
- 4. Place the mixture in the refrigerator for 30 minutes to marry the flavors.
- 5. Serve alone, on a bed of greens, or in between two slices of Paleo bread.



SHRIMP & ZUCCHINI Pasta

Prep Time: 20 minutes (L) Cook Time: 45 minutes (1) Yield: 2 servings





Ingredients:

- 4 medium zucchini, trimmed
- 1 tsp(s) sea salt
- 4 Tbsp(s) olive oil
- 6 medium mushroom(s), white button, sliced
- 2 medium garlic clove(s), minced
- 1 pound(s) shrimp, peeled and de-veined
- ¼ tsp(s) cayenne pepper, (optional)
- 1 cup(s) tomatoes, cherry or grape, halved
- ½ medium lemon(s), juiced
- 1 tsp(s) black pepper, freshly ground

Recipe author **PALEOPLAN** paleoplan.com

- 1. Using a vegetable peeler, peel zucchini lengthwise to create noodle-like ribbons. Alternatively, use a mandolin with a julienne plate, a julienne peeler or a vegetable spiralizer to make the "noodles."
- 2. Place zucchini in a mesh strainer over a bowl or the sink. Sprinkle with sea salt, and toss with tongs (or use freshly washed hands) to make sure the salt covers the zucchini. Let zucchini sit for 20-25 minutes, occasionally tossing. Drain and discard any excess liquid.
- 3. When "noodles" are drained, heat a large skillet over medium-high heat. Add olive oil and wait 15 seconds.
- 4. Add mushrooms and garlic to the hot pan and saute, stirring frequently for 3 to 5 minutes, or until the mushrooms have softened.
- 5. Meanwhile, toss shrimp with cayenne pepper (if desired). Add to the mushroom mixture in the hot pan, along with cherry tomatoes. Saute, stirring frequently for 1 to 2 minutes, or until shrimp are bright pink.
- 6. Add zucchini and lemon juice and stir just to heat through. Remove from heat and serve immediately. Season with additional sea salt (if desired) and freshly ground black pepper.

MINI PARSNIP CAKES Creamy Buffalo Dip







Ingredients:

- 6 medium parsnip(s), about 1.5 lbs for 4 servings
- 1 tsp(s) kosher salt
- 1 large egg(s)
- ½ tsp(s) garlic powder
- ½ tsp(s) onion powder
- 1 Tbsp(s) coconut flour
- ½ tsp(s) black pepper, freshly ground
- 1/4 cup(s) olive oil, light
- ¼ cup(s) Paleo mayonnaise
- 2 tsp(s) hot pepper sauce

Instructions:

1. Put the parsnips in a medium saucepan and cover with cold water. Bring to a boil, and cook for 5 minutes.

Drain and allow to cool.

2. Put the parsnips in a medium saucepan and cover with cold water. Bring to a boil, and cook for 5 minutes.

Drain and allow to cool.

- 3. Once cool, shred the parsnips on a box grater and lay on paper towels. Sprinkle with the salt and let sit for 5 minutes. Squeeze as much of the water out of the parsnips as you can and transfer to a bowl.
- 4. Add the egg, seasonings, and coconut flour and mix well.
- 5. Put the olive oil in a heavy skillet and heat to medium high heat. When oil is shimmering, scoop the parsnip mixture into the pan (use a cookie scoop for evenly sized cakes.) Flatten slightly with a spatula and cook until golden brown on both sides.
- 6. To serve, mix the mayo with the hot sauce and serve on the side of the cakes.



DAY06



BREAKFAST

BLT Breakfast



LUNCH

Bacon & Avocado Lamb Burger

with Sweet Potato Fries



DINNER

Chipotle Lime Salmon

with Roasted Asparagus

DESSERT

Toasted Apple Crisp



Breakfast





Cook Time: 20 minutes Yield: 2 servings



Ingredients:

- 6 slice(s) bacon, diced
- 2 cup(s) spinach, baby
- 1 cup(s) tomatoes, cherry or grape, halved (or use 1 medium tomato, chopped)
- 4 large egg(s)
- 1 medium avocado(s)
- 2 Tbsp(s) almonds, slivered

- 1. Cook bacon in a large skillet over medium-low heat, stirring frequently until fully cooked (about 15 minutes). Remove 1 Tbsp(s) of bacon drippings and set aside.
- 2. Add baby spinach and tomatoes to the bacon and remaining drippings, and toss until spinach is wilted and tomatoes are warmed (a few minutes). Remove from heat.
- 3. Meanwhile, heat a non-stick pan over medium heat. Add reserved bacon drippings when pan is hot. Fry eggs in bacon drippings.
- 4. To serve, place the eggs on top of the bacon, spinach and tomatoes, and top with avocado and slivered almonds. Season with freshly ground black pepper and sea salt, if desired.



BACON & AVOCADO LAMB BURGER with Buffalo Mayonnaise







Ingredients:

- 1½ pound(s) lamb, ground
- 1 tsp(s) oregano, dried
- ½ tsp(s) sea salt
- 1/4 tsp(s) black pepper
- 2 Tbsp(s) olive oil
- 4 slice(s) bacon, cooked until crisp
- 1 medium avocado(s), sliced
- 1/4 cup(s) Paleo mayonnaise
- 1 tsp(s) hot pepper sauce

For the Paleo mayonnaise:

- ½ cup(s) olive oil, extra virgin
- ½ cup(s) avocado oil
- 2 large egg yolk(s), preferably pastured
- ½ medium lemon(s), juiced
- 1 tsp(s) mustard, dijon
- 1/8 tsp(s) sea salt, to taste



Instructions:

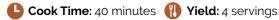
- 1. Combine the lamb, oregano, salt, and pepper in a bowl. Form into 4 burgers.
- 2. Heat the olive oil in a skillet and cook the burgers until browned on both sides and cooked through.
- 3. Top each burger with a slice of bacon, and a few slices avocado.
- 4. To make the buffalo mayo, whisk the mayonnaise with the hot sauce. Spoon a tablespoon of mayo on top of each burger.

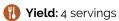
For the Paleo mayonnaise:

- 1. Combine the oils and set aside.
- 1. Place the egg yolks and lemon juice in a bowl. With electric beaters or an immersion blender or a brisk whisking, briefly blend the ingredients together.
- 3. While continuing to blend, slowly add the oils in a very thin drizzle. It can take as long as 3 to 5 minutes to fully incorporate the oils and produce a thick mixture.
- 4. Next, blend in the Dijon mustard and sea salt, if using.

SWEET POTATO Fries

Prep Time: 0 minutes





Ingredients:

- 3 large sweet potato(es), cut into 1/4 inch thick fries, peeling optional
- 3 Tbsp(s) olive oil
- 1 tsp(s) cumin
- 1/8 tsp(s) sea salt, to taste
- 1/8 tsp(s) black pepper, to taste

- 1. Preheat oven to 400°F.
- 2. Toss the sweet potatoes with the olive oil, cumin, and a pinch of salt and pepper until well coated. Lay on a parchment lined baking sheet in a single layer.
- 3. Bake for 25-30 minutes, until potatoes are crisp and lightly browned, flipping once. Serve hot.



CHIPOTLE LIME Salmon

Prep Time: 0 minutes Cook Time: 20 minutes 🕧 Yield: 2 servings





Ingredients:

- 1 pound(s) salmon fillet(s), skinless
- 2 Tbsp(s) olive oil
- 2 medium lime(s), (1 per serving), cut in half
- 1/4 tsp(s) sea salt, (optional)
- 1/2 tsp(s) chipotle, ground

- 1. Preheat oven to 350°F.
- 2. Rinse salmon, pat dry, and place on a metal baking sheet.
- 3. Rub each fillet with olive oil or fat of choice, and squeeze the juice from one-half lime onto each fillet...
- 4. Sprinkle fillets with sea salt (if desired) and chipotle, then place a half lime on top of each fillet.
- 5. Cook salmon for 12-15 minutes, or until it flakes easily with a fork.



ROASTED Jsparagus

Prep Time: 0 minutes



Cook Time: 30 minutes Yield: 4 servings



Ingredients:

- 1 pound(s) salmon fillet(s), skinless
- 2 Tbsp(s) olive oil
- 2 medium lime(s), (1 per serving), cut in half
- 1/4 tsp(s) sea salt, (optional)
- ½ tsp(s) chipotle, ground

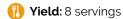
- 1. Preheat oven to 400°F.
- 2. Wash and remove the tough ends of the asparagus.
- 3. Place in a roasting pan or on a baking sheet.
- 4. Drizzle the oil/fat and thyme over the asparagus and toss together until well coated.
- 5. Bake for 10 minutes, then reduce the heat to 250 F for 15 more minutes.
- 6. Season with sea salt and freshly ground black pepper to taste.



TOASTED Apple Crisp

Prep Time: 0 minutes





Ingredients:

- 2 cup(s) nuts of choice, (almonds, pecans, cashews, walnuts), finely chopped
- ¼ cup(s) coconut, unsweetened shredded
- 1/4 cup(s) coconut oil
- 2 Tbsp(s) coconut butter
- 1 tsp(s) sea salt
- 2 tsp(s) vanilla
- ½ cup(s) honey, raw
- 6 medium apple(s), tart, peeled, cored, chopped into ½ inch cubes
- 2 Tbsp(s) lemon juice
- 2 tsp(s) cinnamon, divided
- 1/4 tsp(s) nutmeg, ground
- 1/4 tsp(s) allspice
- ½ cup(s) coconut sugar
- ½ cup(s) ghee, or coconut oil



- 1. Preheat the oven to 300°F.
- 2.Place nuts and coconut flakes into a food processor and pulse until finely chopped. Set aside.
- 3. In a small saucepan, heat the coconut oil, coconut butter, vanilla extract, and raw honey until melted. Pour over the nut and coconut mixture and stir to mix.
- **4.** Place the nut and coconut mixture on a baking sheet and bake for 15-20 minutes or until lightly browned. Stir every 5-7 minutes.
- **5.** Remove from oven and sprinkle with sea salt.
- **6.** Combine the apples, lemon juice, cinnamon, nutmeg, allspice, coconut sugar, and ghee in a mixing bowl. Make sure the apples get coated with the mixture.
- 7. Increase the oven temperature to 350°F.
- **8.** Place the apple mixture in a 9x13 baking dish, spreading out evenly. Bake for 45 minutes.
- g. Remove the apple mixture from the oven and add the nut and coconut mixture. Carefully stir the mixture with the wooden spoon a few times before returning to the oven. Bake for another 10-15 minutes.
- **10.** Remove from oven and let cool for 10 minutes. Top with Coconut Whipped Cream and serve.

DAY 07



BREAKFAST

Salmon Eggs Benedict



LUNCH

Turkey Cobb Salac



DINNER

Coconut Chicken

Brussels Sprout & Apple Salad

SNACK

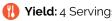
Smoked Salmon Cucumber Bites



SALMON EGGS BENEDICT

Sweet Potato Muffins





Ingredients:

For Salmon patties:

- 1 package Alaska Gold Easy Salmon
- 1 egg
- ½ tsp(s) turmeric
- ½ tsp(s) garlic powder
- Salt and pepper to taste

For Sweet Potato 'Muffins':

- 1 small sweet potato, peeled and sliced into 4 two-inch thick pieces
- Salt and pepper to taste

For Egg:

- 1 egg for frying
- Salt and pepper to taste

For Sauce:

- 1 egg yolk
- 1 Tbsp(s) butter
- 2 Tbsp(s) lemon juice
- ½ tsp(s) turmeric
- Pinch of salt
- Sliced avocado for topping (optional)



- 1. Heat grill pan to medium heat and coat with coconut oil.
- 2. In a small bowl, whisk egg with Easy Salmon, turmeric, garlic powder, salt and pepper. Gently form into 4 patties. **Note**: they will be loose but they stick together fine after grilling.
- 3. Place salmon patties on grill pan and gently press down so they aren't too thick (otherwise they won't cook through).
- 4. Cook 7 minutes until salmon patties are firm on the bottom then flip. Cook another 7 minutes.
- 5. Remove cooked salmon patties from pan and transfer to a plate.
- 6. Place sliced sweet potato on grill pan. Cook 5 minutes on each side until browned and slightly tender.
- 7. While the sweet potatoes are cooking, preheat a saucepan to low heat and another separate frying pan to medium-low heat.
- 8. In the frying pan, crack the egg. Once the edges of the egg are firm, cover and continue cooking another 1-2 minutes.
- g. While the egg is cooking, whisk together the ingredients for the sauce in the saucepan. Continue whisking 2-3 minutes, then turn off heat. Do not let the sauce sit on the heat without stirring, as the egg will cook.
- 10. Assemble the eggs Benedict by placing cooked sweet potatoes on a plate. Top with a salmon patty, fried egg, and a healthy drizzle of sauce.

TURKEY COBB Salad

Prep Time: 15 minutes 🕒 Cook Time: 60 minutes 🙌 Yield: 0 servings





Ingredients:

- 1½ 3 pound organic turkey breast
- 2 Tbsp(s) grass-fed butter or ghee
- salt & pepper to taste

For the Salad:

- 2 heads of romaine lettuce, shredded.
- 6 hard boiled eggs, chilled & sliced
- 3-4 slices bacon, crumled
- ½ cup grape tomatoes, halved
- 1 avocado, diced
- ¼ cup walnuts

For the Dressing:

- ½ cup extra virgin olive oil or avocado oil
- ¼ cup apple cider vinegar
- 1 tsp(s) Dijon mustard
- 1 tsp(s) raw honey
- salt & pepper to taste



- 1. Preheat oven to 450°F, and generously grease a baking dish with butter or ghee.
- 2. Place the turkey breast bone side-down in the dish and brush with melted butter or ghee. Season with salt and pepper to taste and bake for 45-60 minutes depending on the size. Make sure the internal temperature reaches 160. Remove the breast from the oven and let it rest 10-15 minutes before slicing.
- 3. While the turkey is roasting and resting, prepare the rest of your ingredients. Chop your veggies, cook the bacon, and peel & slice your eggs.
- 4. Create a simple vinaigrette by combining olive oil, apple cider vinegar, mustard, honey, and salt and pepper to taste in a small bowl and whisk to emulsify.
- 5. Once the turkey has rested, carefully slice and cut into bite-sized pieces.
- 6. Prepare your salad by combining a bit of each ingredient in a medium bowl, drizzle with the vinaigrette, and enjoy!

Chicken

Prep Time: 0 minutes Cook Time: 20 minutes 🌓 Yield: 4 servings





Ingredients:

- 1 pound(s) chicken breasts, boneless, skinless
- 1/4 cup(s) almond flour
- 1/4 cup(s) coconut, unsweetened shredded
- ½ tsp(s) sea salt1 large egg(s)
- 2 Tbsp(s) coconut oil

- 1. Mix almond flour, shredded coconut and sea salt together in a bowl.
- 2. Beat egg in separate bowl.
- 3. Dip chicken breast in egg and roll in dry mixture.
- 4. Heat a frying pan over medium heat and add coconut oil when hot.
- 5. Pan fry chicken until fully cooked. If the crust starts to brown and your chicken isn't fully cooked yet (this will depend on the size of the chicken breast), take it out of the pan and place it in the oven on a baking sheet at 350°F for 5-10 minutes covered with foil.



BRUSSELS SPROUT Apple Salad

🕒 Prep Time: 0 minutes 🕒 Cook Time: 15 minutes 🕧 Yield: 4 servings





Ingredients:

- 4 Tbsp(s) olive oil
- 2 Tbsp(s) lemon juice
- 1 tsp(s) mustard, dijon
- 1 Tbsp(s) poppy seeds
- 4 cup(s) brussels sprouts, finely shredded
- 2 medium apple(s), cored and shredded or chopped
- ½ cup(s) pecans, chopped and toasted
- 1/8 tsp(s) sea salt, to taste
- 1/8 tsp(s) black pepper, to taste

Instructions:

- 1. In a large bowl, whisk the olive oil, lemon juice, mustard and poppy seeds with a pinch of salt and pepper.
- 2. When well combined, add the remaining ingredients and toss well.
- 3. Serve immediately.

Note: If serving as 2 dishes just keep the dressing separate until ready to serve.



SMOKED SALMON CUCUMBER BITES WITH Cashew Cream Cheese

Prep Time: 0 minutes Cook Time: 20 minutes 🚯 Yield: 4 servings





Ingredients:

Cashew Cream Cheese:

- 1½ cup(s) cashews, raw
- 1 medium lemon(s), juiced
- 1 medium garlic clove(s)
- 1/4 tsp(s) sea salt
- 1/4 cup(s) water, or more if needed

Cucumber Bites:

- 1 medium cucumber(s)
- 1 pound(s) salmon, smoked
- 2 Tbsp(s) chives, fresh, for garnish
- 1/8 tsp(s) black pepper, for garnish to taste

- 1. To make the cashew cream cheese, put the cashews in a bowl and cover with cold water. Soak for 2 hours, drain, and transfer to a food processor or blender. Add the lemon juice, garlic, and salt, along with about ¼ cup water. Blend until smooth and creamy, adding additional water a little bit at a time to thin out if necessary.
- 2. To serve, slice the cucumber. Top each slice with a dollop of the cashew cream cheese, and a tablespoon or so of the smoked salmon. Sprinkle with chives and black pepper before serving.



GET MORE FROM YOUR PALEO PROGRAM



Thanks again for grabbing Paleo Detox Smoothies.

We hope you enjoyed these fifteen amazing recipes and we can't wait to hear what you think about them.

Stick with Paleo, and you'll be experiencing the benefits soon enough - from more energy, weight loss, improved digestion, improved immune system, and more.

The secret to success on Paleo is that you need to make an ongoing commitment to choosing better foods.

At PaleoPlan, we try to make that choice as easy as possible for you by providing you with tasty recipes, Paleo variants of all of your favorites, and as much resources and actionable tips and information as we can into all of our books and programs.

In our experience with helping thousands of people switch to a Paleo lifestyle we know that making this commitment can be challenging.

Which is why we're offering you our online meal planning, health coaching, and fitness program that gives you the 24/7 support that you NEED to maintain the commitment to Paleo and stay on track.

Each week, you'll get a dietitian created meal plan, shopping list, and tons of delicious, step-by-step recipes, along with workouts, and all the advice you'll need from our expert team of dietitians and nutritionists.

Here's Exactly What You'll Get Inside of PaleoPlan



- A fun, fresh Paleo menu for two delivered every week (covers three meals a day, plus a snack) directly to your inbox
- Kitchen-tested, easy-to-prepare recipes created by our resident Paleo chef and nutrition therapist
- Complete shopping and prep lists to save you time, headaches, and wasted food
- All recipes are gluten-free, grain-free, dairy-free, legume-free, and vegetable oil-free
- A bonus "Flex" menu that incorporates one cheat day each week for those who want some wiggle room in their diet
- Customize your meal plan based on X,Y,Z
- Easy food substitutions if you have an allergy, can't find an ingredient, or just don't like a certain food
- From the simplest breakfast dish to the heartiest dinner fare, you will love the variety of mouthwatering yet good-for-you recipes included in your meal plans.

Weekly 20-Minute-Or-Less Workouts



- Fun and exciting weekly workout plans, with 3 full-length workouts and one quick "anywhere, anytime" workout, delivered straight to your inbox every week.
- Workouts are short (less than 20 minutes), intense, and require minimal equipment. Get strong without spending a ton on home exercise machines or gym memberships.
- Modifications for every exercise & workout to make it easier or harderso that all fitness levels can participate
- Videos displaying each movement make it easy to perfect your form; pause and rewatch at any point.

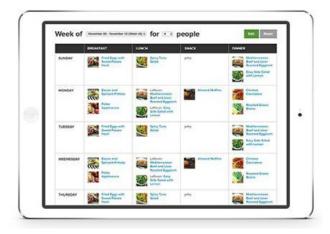
Community & Expert Support

Inside our private members community, you'll be able to connect with other PaleoPlan members - women and men around the world all looking to live a Paleo lifestyle. If you have any questions, or get stuck on anything, the community will be there to support you.

We wanted to make sure that you had as much support as possible, so you will also get access to our team of nutritionists and dietitians.

As a member, you'll be able to email our team, ask them questions in our private Facebook group, and **participate in monthly live check ins.**

What You Can Expect Inside of PaleoPlan



As you can see, we've really worked to go above and beyond to make sure that you absolutely have everything you need to have success on Paleo - from community and expert support, to all the recipes, meal plans, and workouts you can use to keep those benefits for life.

Don't just take our word for it, though: What PaleoPlan Users Are Saying:

I just wanted to thank you for the wonderful website and all the amazing recipes. What I love most is my new motivation to cook. Absolutely everything I have made has been like dining at a fine restaurant

Allison

"This site helps me SO MUCH!

I'm amazed at the quality of the recipes and am so grateful for all the creative ideas. I've been on Paleo for almost two months, and I'm feeling great**

Mindy

It's helped streamline my shopping (saving money), my whole family is eating better because I don't have to think up meals all of the time, and even when I'm tired it's really easy to just grab the menu and cook. It's been GREAT for all of us

Anonymous

And, to top it all off, you can try PaleoPlan absolutely risk free, with our guarantee:

Activate Your Membership for FREE Today

Regular Price: \$15.99



Simply click the button below to activate your membership, lock in your discount for FREE right now and then \$15.99 a month (cancel anytime)!

ACTIVATE MY MEMBERSHIP

Frequently Asked Questions

When do I receive my meal plans?

When you sign up, you'll get an email from us every Tuesday that contains your weekly PDF downloads. You can also always find your downloads in the dashboard, updated every Tuesday. You can print the files, or view them on your smartphone, tablet, laptop, or desktop computer throughout the week.

How many meals will I be eating every day?

The meal plan gives you the tools to prepare 4 meals a day for two people - including breakfast, lunch, dinner, and a snack. If you're cooking only for yourself or for your whole family, you can easily modify the recipes and shopping list.

Will I lose weight on PaleoPlan?

Our plans provide about 1,500 to 2,000 calories per day: perfect for an average height person who performs an average amount of exercise (a couple times a week). If you are very small, large, or exceptionally active, you can add or remove food as needed.

We provide a link with your meal plans to help you figure out how much food you need, and how to add or subtract food from the meal plan. If you're trying to lose weight, this meal plan has helped thousands of people do just that. The short answer to this question is yes, probably. That is, if you need to lose weight. The Paleo diet tends to help people get to their optimal weight, so if you need to lose fat, you'll lose fat, and if you need to gain muscle, you'll gain muscle (or both).

What if I have an allergy to a certain food or I want to avoid a certain ingredient?

Fortunately, most of our recipes have easy substitutions - so if you can't eat an ingredient or simply don't have it, you'll still be able to make our recipes.

• Will I be eating the same thing every day?

Not on our watch!

We regularly introduce new recipes to spice things up, while ensuring enough consistency to help you stay efficient in the kitchen.

Will I be wasting food?

Worried about wasting food? Our menus are carefully planned to use all the ingredients you buy for the week.

We even incorporate leftovers into some meals to make preparation that much easier.

PALEO Starter Kit

For more Paleo recipes, check out our online recipe center here.

To join our Paleo meal planning service,

get started with 14 free days here.



for more, go to paleoplan.com

